

***Sponsored by Well! Well! Well! &
Personnel Services***

2008 Employee Health, Wellness & Benefits Fair

Screening Services Information

**To schedule an appointment for * services,
Call Inova Teleservices at 703-204-3366**

***Total Cholesterol, HDL (high density lipoproteins), Cardiac Risk Ratio, & Glucose**

- **Free of Charge**, takes 10-15 minutes
- Involves a simple finger stick
- Participants do not need to be fasting
- Certified health staff present results individually to each participant
- Glucose screens for diabetes by testing for blood glucose
- **Requires registration, walk-ins accepted.**

***Full Lipid Screening**

- **Free of Charge**, takes 10 – 15 minutes
- Includes Total Cholesterol, HDL, LDL (low density lipoprotein), Triglycerides, & Glucose
- **Requires participant to fast for at least 9 hours, only water is permitted.**
- **Requires registration, walk-ins accepted.**

Blood Pressure

- **Free of charge.**

Body Composition (Body Fat Assessment)

- **Free of charge.**

***Vision Screening**

- **Free of charge**; takes 10-15 minutes
- Evaluates near and far vision; assesses for color blindness and peripheral vision
- Participants may wear regular glasses during the screening
- **Requires registration, walk-ins accepted.**

Fitness Testing

- **Free of Charge**
- Screens for the four components of physical fitness: cardiovascular fitness, muscular strength, muscular endurance and flexibility
- Follows protocols established by the American College of Sports Medicine
- Includes 3-min. step test or 1-mile walk, push-ups or grip strength, sit-ups, and sit-and-reach

Body Mass Index Assessment (BMI) and Waist-To-Hip Ratio Screening

- **Free of Charge**
- BMI is a measurement that evaluates an individual's weight relative to height
- Certified health staff weigh/ measure participants and calculate BMI and waist-to-hip ratio
- This an easy way to assess future weight changes and diabetes and heart disease risks

Ask the Dietician

- **Free of Charge**
- What does a serving size look like? How can good nutrition be incorporated into a busy lifestyle? What's the real story about carbohydrates? What's the best diet for controlling diabetes? How can I lose weight safely?
- A Registered Dietician talks one-on-one with employees to address their nutritional concerns
- Educational handouts and display board are provided

Tobacco Cessation Booth and Carbon Monoxide Screening

- Provides the latest information on behavior modification techniques and smoking cessation aids
- Allows employees to obtain a reading of their current blood carbon monoxide level.
- Colorful 3D visuals demonstrate the damaging effects of smoking and chewing tobacco and displays up-to-date tobacco education and cessation materials.

Stress Booth

- Looking for strategies to combat stress? This booth includes individual consultations with one of our “stress experts.” Participants will learn how to incorporate simple stress reduction techniques into their daily routines.
- Handouts and displays are provided on the following:
 - Relaxation techniques and simple breathing exercises
 - “Deskercise” or stretching techniques specifically designed to relieve tension caused by repetitive office routines
 - Strategies for getting a better night’s sleep
 - Self-massage techniques for reducing tension in the head, neck, shoulders, hands, and other parts of the body

The City of Alexandria is committed to compliance with the Americans with Disabilities Act. To request a reasonable accommodation or an alternative format, e-mail David.del.rosario@alexandriava.gov.